





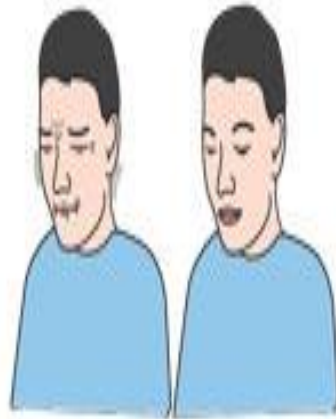


1. SIT  
ON A CHAIR.



2. SCRUNCH  
UP YOUR  
FACE...

THEN  
RELAX  
IT.



3. TENSE  
YOUR  
ARMS...

THEN  
RELAX  
THEM.



4. TENSE UP YOUR  
SHOULDERS  
AND CHEST...

THEN  
RELAX  
THEM.



5. TENSE UP  
YOUR LEGS...

THEN RELAX!



6. BREATHE  
IN  
RELAXATION...

BREATHE OUT  
TENSION.



## **Information about the Coronavirus (COVID-19)**

A coronavirus is a type of virus. As a group, coronaviruses are common across the world. Typical symptoms of coronavirus include fever and a cough that may progress to a severe pneumonia causing shortness of breath and breathing difficulties. Generally, coronavirus can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer and chronic lung disease. Novel coronavirus (COVID-19) is new strain of coronavirus first identified in Wuhan City, China

## **How to avoid catching or spreading microbes**

There are things you can do to help stop viruses like coronavirus spreading.

### **Do:**

- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately
- wash your hands with soap and water often – use hand sanitizer gel if soap and water are not available
- try to avoid close contact with people who are unwell

### **Don't:**

- do not touch your eyes, nose or mouth if your hands are not clean

**YOU TUBE VIDEO LINK: COVID 19 video session**

1. Coronavirus-seven steps to prevent the spread of the virus
2. How you can reduce the spread of COVID 19
3. 6 –steps to prevent COVID 19
4. How to protect yourself against COVID 19
5. Global COVID 19 Prevention

**Attachment 4**

**YOU TUBE VIDEO LINK: Hand washing videos**

1. Hand washing steps using the WHO technique
2. Good hand washing is the best way to stay healthy
3. Proper handwashing. What gets left on your hands when you don't wash properly
4. Proper hand hygiene

**Attachment 6**

## Question and Answer Activity

1. Name two thing you need to wash your hands?

Answer: **Soap and water**

2. How long should you wash your hands?

Answer: **20 second**

3. After you wet your hands what happens next?

Answer: **Apply soap**

4. True or False: Soap and water makes my hands clean.

Answer: **True**

5. What song can we sing while washing our hands to make sure it's clean?

Answer: **Happy Birthday Song (after receiving your answer sing the song)**

6. Show me how to wash your hands

Answer: **hand movement demonstration by consumer**

7. When should you wash your hands?

Answer: **before you eat, after touching dirty door knobs, shopping cart, after walking and touch things outside etc.**

# Wash Your Hands! ¡Lávese Las Manos!



**1. Wet Hands**  
Mójese las manos



**2. Soap**  
Enjabónese



**3. Wash for 20 seconds**  
Fríguense las manos por 20 segundos



**4. Rinse**  
Enjuáguese



**5. Dry**  
Séquese las manos



**6. Turn Off Water**  
with Paper Towel  
Cierre el grifo usando una toalla de papel

Provided by University of Nebraska Lincoln Extension in Lancaster County and the Lincoln Lancaster County Health Department



# Hand Washing Word Search

Find and circle the eight words in the puzzle below:

GERMS

DISEASE

SOAP

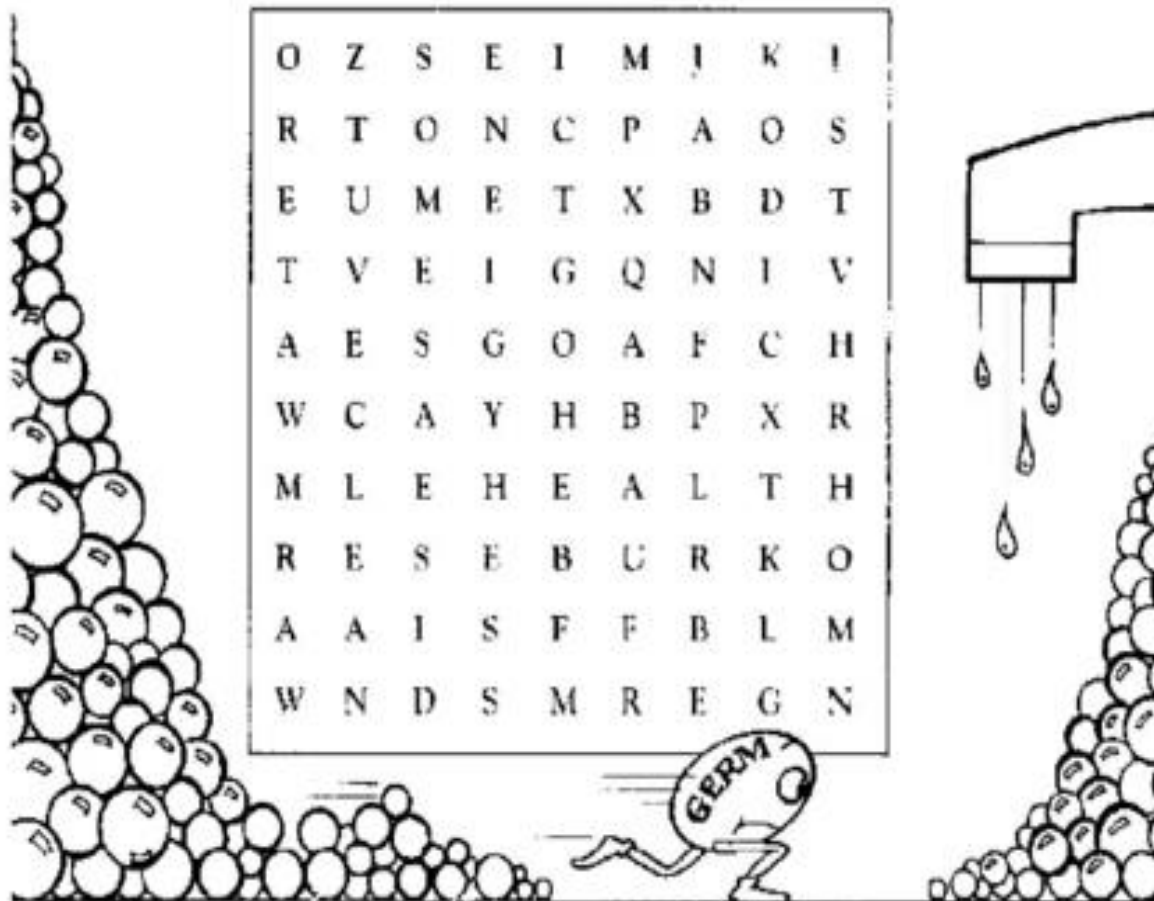
WASH HANDS

WARM WATER

HYGIENE

CLEAN

HEALTH



Name: \_\_\_\_\_

I pledge to wash my hands

**GLO GERM**

P.O. Box 189, Monb, Utah 84532

435-259-5693 • 800-842-6622

435-259-5930 Fax

[www.glogerm.com](http://www.glogerm.com)

[dma@glogerm.com](mailto:dma@glogerm.com)



1. Wet your hands with water.



2. Add some soap.



3. Wash your hands with soap.



4. Rinse your hands with water.



5. Dry your hands with a clean paper towel.



6. Throw the used paper towel in the trash.

Name: \_\_\_\_\_

# Germs



Do germs make people sick?



Yes



No

Can you see germs?



Yes



No

Where are germs found?

1. \_\_\_\_\_

2. \_\_\_\_\_

What can I do to help not spread germs?

1. \_\_\_\_\_

\_\_\_\_\_

# WOW!

Look at all the places Germs  
can hide on your hands!



Wash your hands:  
Backs and fronts  
Under nails  
Wrists  
Between fingers  
20 FULL seconds!

CLEANGENE™



## "Germ Search" Activity Sheet

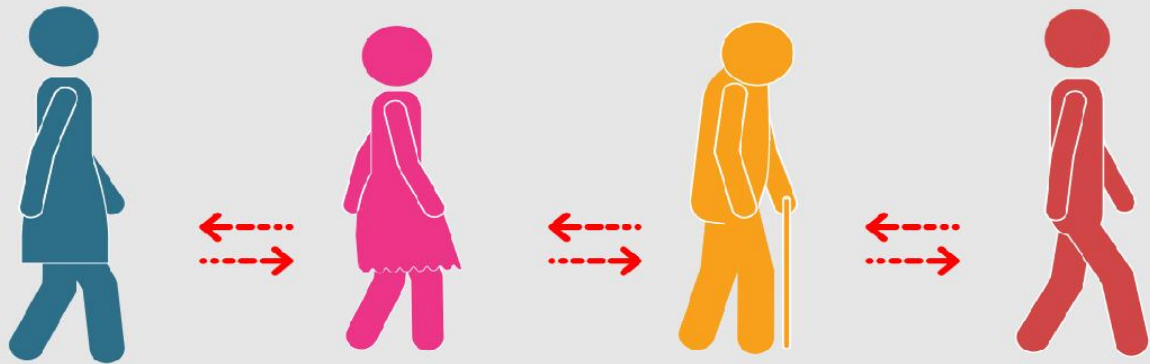
Circle each of the things where germs can live. Color each of the things that help get rid of germs.





# SOCIAL DISTANCING

Please do your part to stop the spread of disease



**KEEP EXTRA SPACE  
BETWEEN YOURSELF  
AND OTHERS IN LINE**

When possible, keep 6 feet between you and others

# SOCIAL DISTANCING

**KEEP YOUR DISTANCE  
6 FT**

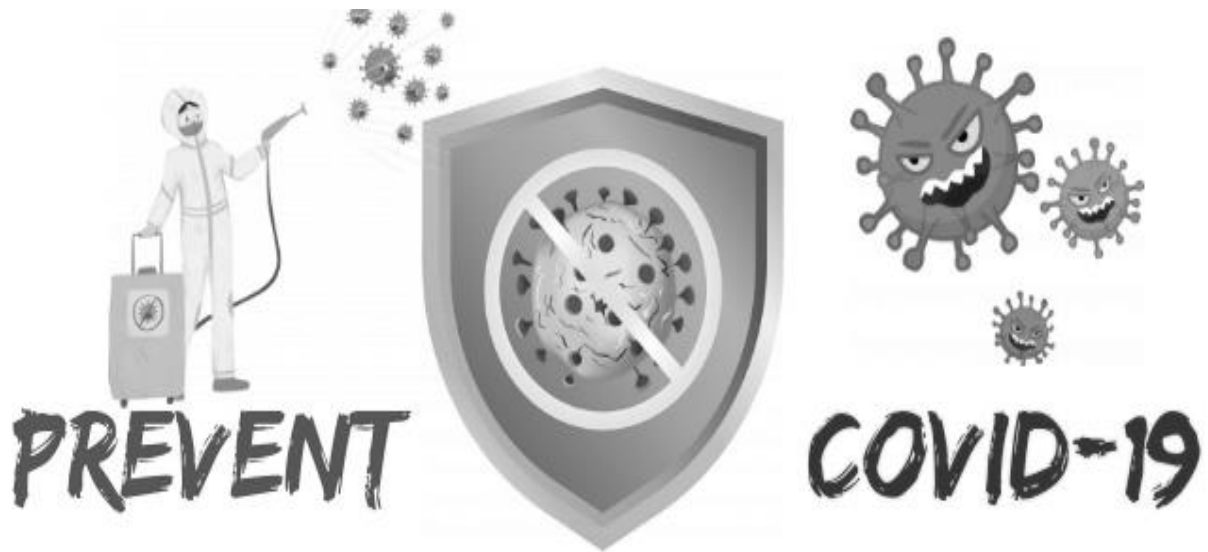


**AVOID  
TOUCHING AND  
CROWDS**

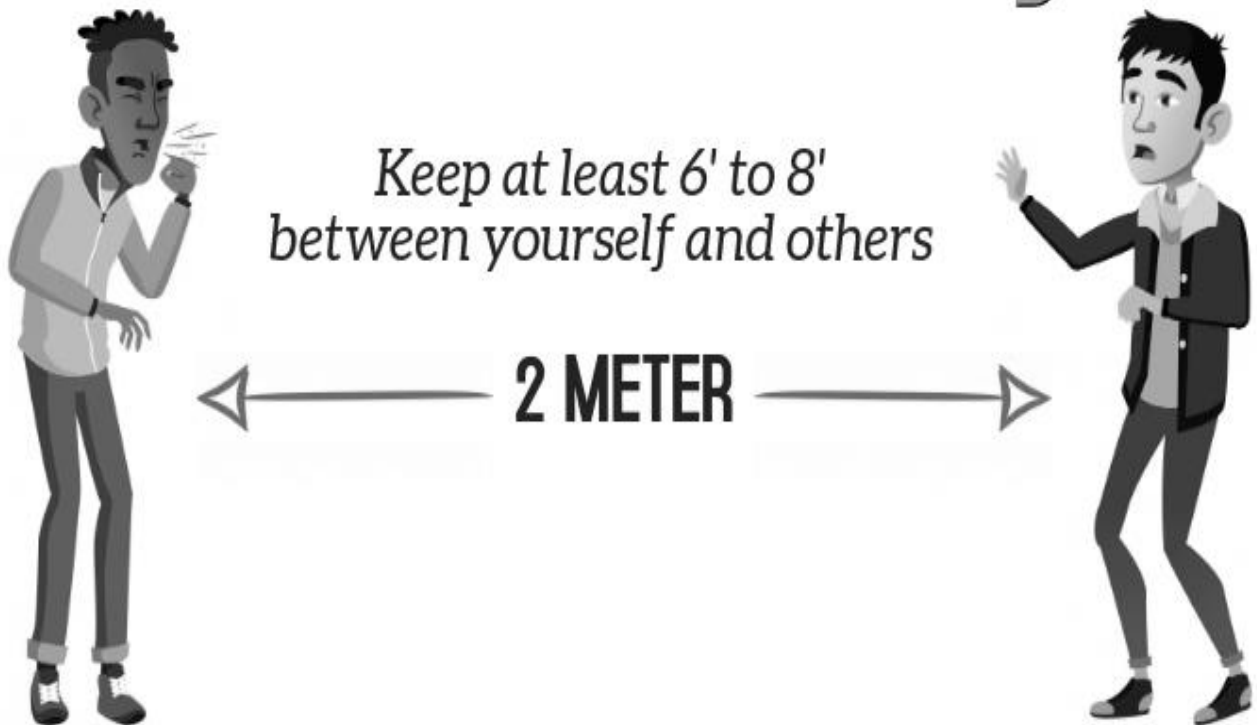


**WASH YOUR  
HANDS FOR 20  
SECONDS WITH  
SOAP**

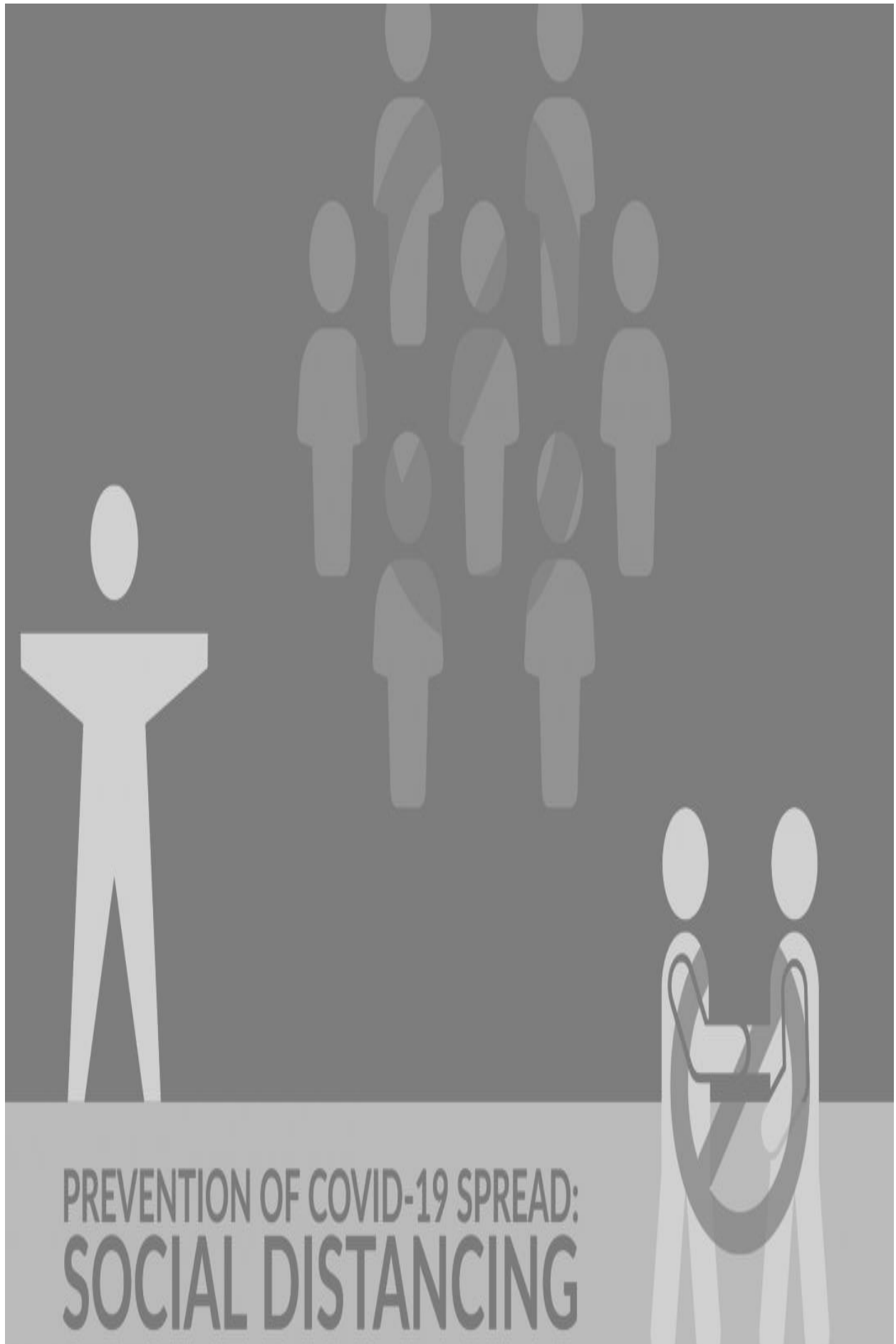
**Galliam est  
omnis divisa in  
partes tres  
unam incolunt  
Belgae**



**maintain  
social distancing**



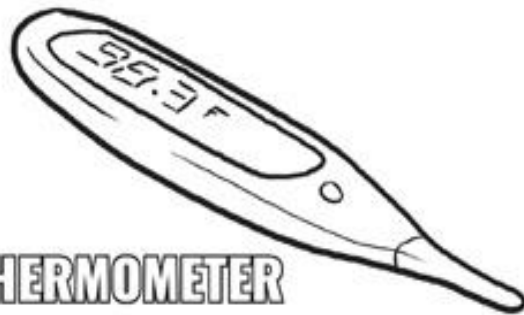




PREVENTION OF COVID-19 SPREAD:  
**SOCIAL DISTANCING**

# ESSENTIAL PREVENTION

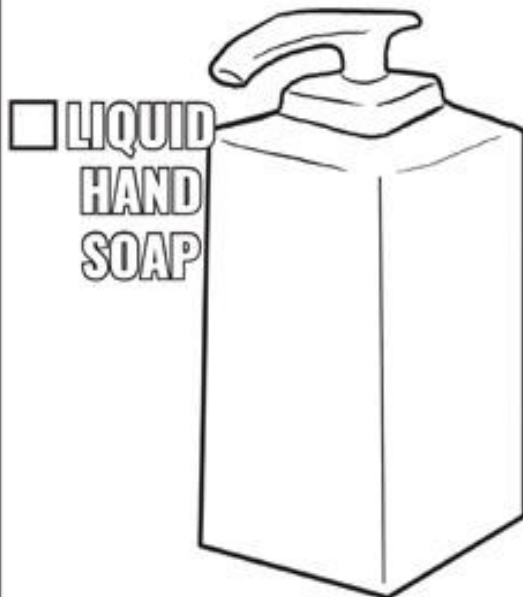
Every household should have these items to stay ahead of COVID-19.



☐ THERMOMETER



☐ TISSUES



☐ LIQUID  
HAND  
SOAP



☐ FACE MASKS



☐ LATEX  
GLOVES



☐ BAR SOAP

**I am a VIRUS,  
cousins with the Flu and  
the Common Cold**

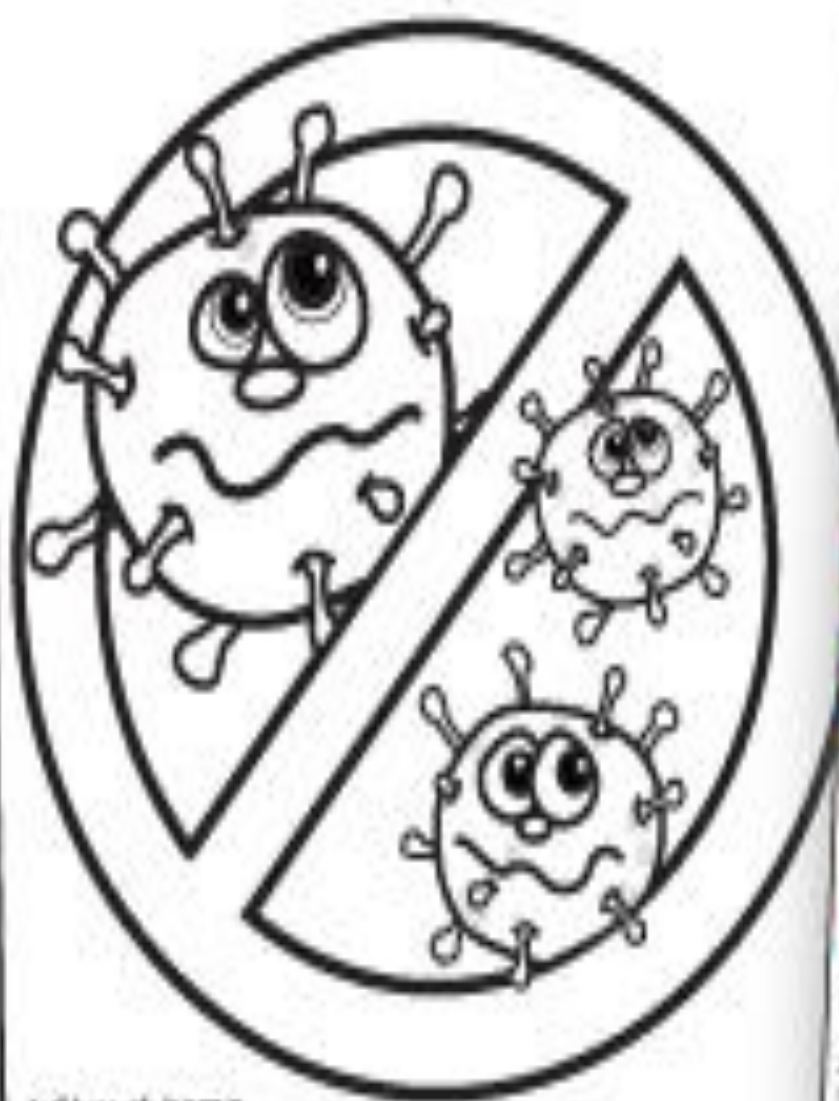


**My name is Coronavirus**

# Free "Wipe out Covid-19" Coloring and Activity Sheet

## Wipe out Covid-19!

We're Doing Our Part!



1. Stay at home, but stay connected.
2. Wash your hands often.
3. Eat Healthy

4. Help your neighbors
5. Get plenty of exercise
6. Play!

Talk About Covid 19 with your children, and discuss how They can help wipe out This VIRUS.

## Wipe out Covid 19!

We're Doing Our Part!

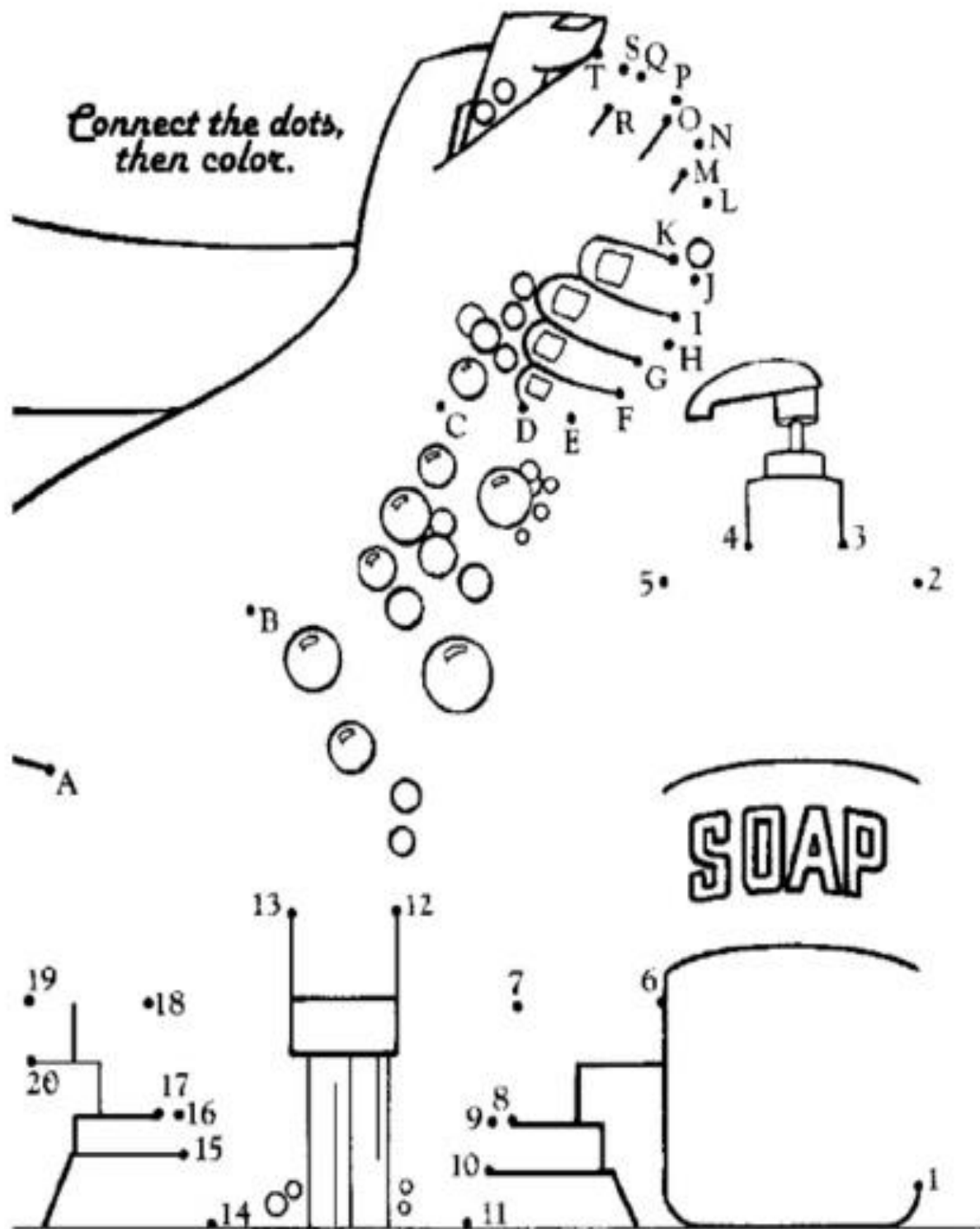


- |                                      |                           |
|--------------------------------------|---------------------------|
| 1. Stay at home, but stay connected. | 4. Help your neighbors    |
| 2. Wash your hands often.            | 5. Get plenty of exercise |
| 3. Eat Healthy                       | 6. Play!                  |

# CORONAVIRUS (COVID-19)

O T Q U Z I F R A J A U N A V O I D A B L E X R  
X A J S F V D R K O F D O O H E K J P P O G S O  
B E J T Q Q N G R P F S N P Q N Q O G E R M S L  
G K M W P B T M M H E L L Z E V A U V P Q E S W  
J O O G J O F D G Y C O Y G A L D R S F M J O W  
A T D I D R E D J V T U T L R Y Y N Z I H H W C  
P Y P C F I V O Z L S M W O L Q O E C S O Y K X  
J D G K C S E N G X A J O C Y B U Y N O X K X H  
J I H K Q J R T X H N O W K A K N S O L X I I A  
A E K B I O P T G M Y V E D C A G C B A G D S N  
W U H A N H Q R U P O M E O T J A A O T J S E D  
B R D C R N H A E V N A K W I V N N D E G A L S  
R D M A L S J V G I E R S N O M D C Y D M L F A  
B P A N J O H E D R P G T V N O O E I V A S I N  
V T E F L N A L G U N O V K E J L L M Y N O S I  
T B J V N A C M Y S D J N N H U D L M G Y A O T  
T Z T X T O R F W D D B K V X R D E U T C F L I  
B P A N I C B U Y I N G H G C P X D N Y A F A Z  
U F Q P E J X R A Y R E S U L T S V E I S E T E  
Y F D P M I Q C Z O M B I E T O W N S O E C I R  
P H F I F K E B H C O R O N A V I R U S S T O C  
U T O I L E T R O L L S H O R T A G E Z M E N S  
N M T Z I V C X Q U A R A N T I N E E X P D F E  
C G S G G Z J R E A L L Y S E R I O U S J C B D

Affects anyone	Boris Johnson	Coronavirus	Dont travel	Early action	Fever	Germes
Hand sanitizer	Isolated	Journeys cancelled	Kids also affected	Lockdown	Many cases	
Nobody immune	Only two weeks	Panic buying	Quarantine	Really serious	Self isolation	
Toilet roll shortage	Unavoidable	Virus	Wuhan	X-ray results	Young and Old	Zombie towns



Name \_\_\_\_\_

**I pledge to wash my hands**



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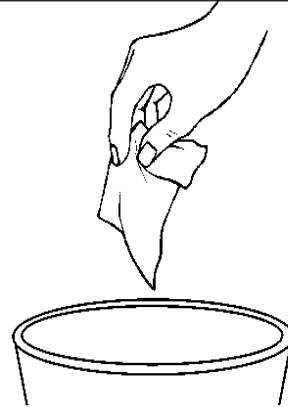
[dina@glogerm.com](mailto:dina@glogerm.com)



# Cover Your Cough



**1. Cover your mouth and nose when you cough, sneeze or blow your nose.**



**2. Put used tissue in the garbage.**



**3. If you don't have a tissue, cough or sneeze into your sleeve, not in your hands.**



**4. Wash hands with soap and water or hand sanitizer (minimum 60% alcohol-based).**

## Stop the Spread of Germs

### Always Cover Your Cough

- Covering your cough or sneeze can stop the spread of germs
- If you don't have a tissue, cough or sneeze into your sleeve
- Keep your distance (more than 1 metre/3 feet) from people who are coughing or sneezing

